

ABSTRACT OF THE DISCLOSURE

5 The physical training machine operation system of the present invention is adapted to inexpensively provide up-to-date exercise programs making use of results of medical science, exercise physiology and other sciences, specifically for individual users. A health promotion facility (10) is equipped with a plurality of training machines (12) connected to each other via a private network (11). Each training machine (12) is connected to an external network (22) via a private server (13). In a home (20), a training machine (21) connected to the external network (22) is installed, and a management server (31) connected to the external network (22) is installed in an operation business entity's facility (30). The management server (31) holds different kinds of exercise programs to be used in the training machines (12, 21) to select a specific exercise program from the different kinds of exercise programs in response to a user's request and supply the selected exercise program to the training machine (12, 21) through the external network (22) and the private network (11).

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